

Formerly known as "Keep the ball rolling..."

# Inside Child Care

Summer 1999



## EARLY CHILDHOOD CREED FOR INDIANA

The people of Indiana recognize that our quality of life and future economic health is determined by the quality of care given our children today.

Therefore we believe:

- that every child has a right to a safe, healthy, nurturing environment.
- that every parent is the child's first and foremost teacher.
- that all families have the right to information and education which allow them to make choices for the care of their children.
- that the role of the caregiver is essential to the development of the child; therefore, the caregiver is a professional in a highly valued position.
- that the community has a responsibility to strengthen families by supporting and enhancing available, accessible, and affordable services to children and families.



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Parent Helpline  
**1-888-463-5473**

Provider Information  
**1-877-511-1144**

## SUMMER PLANNING!

**Prevent Sunburn and Heat Emergencies:** Make sure children have a shady place to play. Ask parents to dress children in cool, light, clothing and provide sunbonnets for babies. Offer water at frequent intervals throughout the day. Ask parents to supply sunscreen for their child's use this summer (at least SPF:15) or get parent's permission to use child care's supply. It is not necessary to have a physician's order.

## TIME TO GET INTO THE SWIM...

**Wading Pools:** If your day care plans to use a small wading pool, the first thing to do is to contact your County Health Department to see if you can legally use a small wading pool. Some counties in Indiana require that wading pools used in public facilities have a filtration system and meet sanitation standards. If the County Health Department has no requirements concerning wading pools, the following must be met:

1. A one to three parts per million chlorine residual must be maintained in the pool at all times. A swimming pool test kit must be available to check the chlorine residual.
2. Dump the pool water at the end of each class use.
3. Clean and sanitize the pool daily with 100 ppm bleach solution.

*\*Note: The above procedure also applies to water play tables.*

Wading pools **are not recommended** for use with children in diapers. If you do use for diapered children, the following procedure must be adhered to:

1. Children in diapers must wear a swim diaper and use the pool **individually**.
2. After emptying the wading pool, clean and sanitize it with 100 ppm bleach between each use.

**Swimming Pools:** Some counties in Indiana have a County Ordinance for swimming pools. Your day care must comply with these county ordinances. If your county does not have a swimming pool ordinance, your pool must be kept in compliance with the Indiana State Department of Health Rule 410 IAC 6-2 and you must submit weekly water samples to the Indiana State Department of Health.

Indiana child care regulations require extra supervision (double the ratio) when children are swimming and that a person be on duty who has a current advanced life saving certificate. (The life saver may be counted in the ratio.) Ministries should meet these ratios as well. Swimming pools must be maintained in accordance with State Department of Health regulations.

The following daily maintenance must be done on your pool:

1. Skim the pool surface and vacuum the walls and floor.
2. Clean the deck area and rinse with water.
3. Check the pool water routinely for residual chlorine and pH. The chlorine residual must be maintained between 1.0 ppm and 3.0 ppm and the pH must be between 7.2 and 7.8. Add chemicals as required.

4. Check the pool filtration system and backwash if needed. Ensure that filtration screens are intact.
5. Clean the bathhouse or locker rooms with disinfectant.

Reminder: Children with intestinal problems must be excluded from pools until well.

**Sprinklers:** A safe, sanitary water play alternative.

By doing these things daily, your day care children should be kept in the "swim" all summer long.



Summertime brings outdoor play.

Be sure your playground is safe.

Remove winter debris, check all equipment

for wear, bolt caps, loose bolts, splinters, eroding paint, etc.

Replace or add surface material such as mulch. Now is a good time to check the depth of the surface materials under the play equipment. Use this playground safety page as a guide and for additional information.

## PLAYGROUND SAFETY

With the coming of Spring, it's time to inspect your playground for safety. One of the most important areas is ground cover. There are several options available such as pea gravel, mulch, wood chips, shredded tire, rubber matting, synthetic materials or sand. Grass, dirt, cement, and asphalt are not safe surfaces to place playground equipment.

The Consumer Product Safety Commission publishes a Handbook for Public Playground Safety which was sent to every licensed center last spring with the results of the injuries that occurred in licensed child care centers in 1997. Below we have printed the Critical Heights Chart for determining whether you have enough protective surface on your playground in your fall zones.

The horizontal list of bold printed numbers are the number of inches of material you need for the specific height of the fall. For example, if you had wood chips on your playground and the highest point a child could fall from your equipment was 10 feet then you would need 9 inches of wood chips.

**TABLE 1 - CRITICAL HEIGHTS (in feet) OF TESTED MATERIALS**

MATERIAL	UNCOMPRESSED DEPTH			COMPRESSED DEPTH
(Amount of surface material)	6 inch	9 inch	12 inch	9 inch
Wood Chips*	7	10	11	10
Double Shredded Bark Mulch	6	10	11	7
Engineered Wood Fibers**	6	7	>12	6
Fine Sand	5	5	9	5
Coarse Sand	5	5	6	4
Fine Gravel	6	7	10	6
Medium Gravel	5	5	6	5
Shredded Tires***	10-12	N/A	N/A	N/A

(Maximum height of fall in feet)

\* This product was referred to as Wood Mulch in previous versions of this handbook. The term Wood Chips more accurately describes the product.

\*\* This product was referred to as Uniform Wood Chips in previous versions of this handbook. In the playground industry, the product is more commonly known as Engineered Wood Fibers.

\*\*\* This data is from tests conducted by independent testing laboratories on a 6 inch depth of uncompressed shredded tire samples produced by four manufacturers. The tests reported critical heights which varied from 20 feet to greater than 23 feet. It is recommended that persons seeking to install shredded tires as a protective surface request test data from the supplier showing the critical height of the material when it was used in accordance with ASTM F1292.

If you are having trouble reading the chart or determining the amount of surfacing to apply, call your licensing consultant for assistance. This could mean the difference between a sprained arm and a spinal cord or head injury.

## CHEMICAL SANITIZERS & CLEANERS – ARE YOURS APPROVED?

Some licensed child care centers and registered child care ministries are using chemical sanitizers and cleaners that contain chemicals other than chlorine.

Beware! You do not always have accurate information on approved use of the product. Some chemical sanitizers and cleaners are too strong and harsh to be used around children. Make sure that these chemical sanitizers and cleaners are approved prior to use by calling the Child Care Health Section at 317/233-5414 or obtain a manufacturer's specification list on the products from your salesman and send to our office. This could save you money in the long run. Only purchase chemicals that are approved for use in your center or ministry.

**317/233-5414**

## BACK TO SLEEP CAMPAIGN SAVES BABIES

Placing infants under one year of age on their backs to sleep decreases the incidence of Sudden Infant Death Syndrome (SIDS). Nearly 3,000 babies each year fall victim to sudden, unexplained death in the first year of life. The causes of SIDS are unclear, and it is not currently possible to predict which infants may be affected.

But researchers said that since they launched the campaign to get parents to place babies on their backs there has been a 43 percent reduction in sudden infant deaths.

Caregivers should place babies on their backs to sleep on a firm mattress with no blankets or fluffy bedding under the baby and no pillows and stuffed toys.

Help your staff remember to place the infants correctly by placing the enclosed sticker on your cribs. Additional stickers and brochures may be ordered free of charge.

See enclosed brochure and sticker. To order free material's contact: National Institute of Child Health and Human Development (NICHD)/Back to Sleep.  
**1-800-505-CRIB**



## **WATERLESS HAND SANITIZERS – NO SUBSTITUTE FOR HAND WASHING!**

Products such as Purell Instant Hand Sanitizers and Bath and Body Works Instant Antibacterial Hand Gel have become very popular. These types of products have also been seen in numerous Indiana child care facilities. Use of these products, in lieu of washing hands with soap and water, is considered a critical noncompliance and will be cited by Indiana Child Care Health Section (CCHS) surveyors.

According to literature put out by the manufacturers of waterless hand-sanitizers and gels, their products are not designed to be used when soap and water is available, but should be used when water is not available for a thorough hand washing.

The Centers for Disease Control (CDC), the Food and Drug Administration (USFDA), the Institute for Food Safety (IFS), Purdue and Indiana Universities, and numerous State/County Health Departments advocate that the use of hand sanitizers does not replace, but only supplements, proper hand washing. In fact, these agencies insist that hands must be cleaned before use of waterless sanitizers.

### **How and with what should you wash your hands?**

Wash your hands thoroughly with soap and water. Any kind of soap is fine. Warm water cuts through dirt and grease faster, but cold water will do the job. Rub your hands with soap and water for at least 20-25 seconds to loosen germs and dirt, then rinse all soap away. If your hands are really dirty, clean around your fingernails and in the creases of your skin. Soap and water don't actually kill microorganisms, but they create a slippery environment so that the bacteria and other organisms slide off. That's all you need. It is not necessary to kill them, only to remove them from the skin. Even if you are caring for infants, a sick person, or just changing diapers, plain soap and running water is still fine.

Remember, the chemicals in hand sanitizers and gels may kill some bacteria, but they don't remove dirt and infectious agents from your hands. Hand sanitizers are never a substitute for washing hands with soap and water. Frequent proper hand washing with soap and water is still the primary method for preventing disease transmission.

Please feel free to contact the CCHS at (317) 233-5413 if you have questions or would like additional information.



## **CHILD CARE HOME CORNER:**

### **PART-TIME SCHOOL-AGE CHILDREN 470 IAC 3-1.1-36.5**

The maximum capacity in a Class I child care home shall be twelve (12) children at any one time plus three (3) children during the school year who are enrolled in at least Grade 1. The addition of three (3) school-age children may not occur during a break in the school year that exceeds four (4) weeks.

If the school break for the summer is longer than four (4) weeks; the three (3) part-time school-age children enrolled in first grade or over must be counted in the child care home capacity.

This regulation is not based on the summer vacation break of the parents. It is based on the summer break of the local school system.

### **REMINDER TO ALL CHILD CARE MINISTRIES**

Be sure your Registration with the State Fire Marshal's office is current for 1999. Don't neglect to complete this part of your registration process. IC 12-17.2-6-2: An unlicensed child care ministry under Section 1 of this chapter may not operate unless the child care ministry has registered with and met the requirements of the Division and the office of the State Fire Marshal.

## IT'S PICNIC TIME...

Many of you will be planning field trips with picnic lunches in the coming months. Since many people prefer to take juice instead of milk on a picnic, simply switch so that juice is served at lunch and milk is served at snacks. However, remember that all cold foods must be kept cold - under 45°F - until serving time. It is best not to take hot foods on picnics unless you have appropriate equipment to maintain the 140°F required temperature. All food must be provided by the licensed child care center.

### Sample Meal

Sandwich with 1 oz. bologna, 1/2 oz. cheese  
3 carrot sticks  
2 T. raisins (small raisin box)  
3/4 cup orange juice

If you are grilling out, you must meet the following requirements.

1. Grills must be at least 10 feet away from the building.
2. Children must be kept 15 feet away from the grill.
3. A fire extinguisher must be readily available.
4. All food must be cooked to 165°F; hamburger must not be pink.
5. Check with your county health department about any local ordinances.

## TODDLERS AT THE TABLE

Within ten minutes of the scheduled lunch time, the toddler teachers need to prepare their children for lunch. This includes verbal cues, handwashing, and table sanitizing. This does not include preparing the cots.

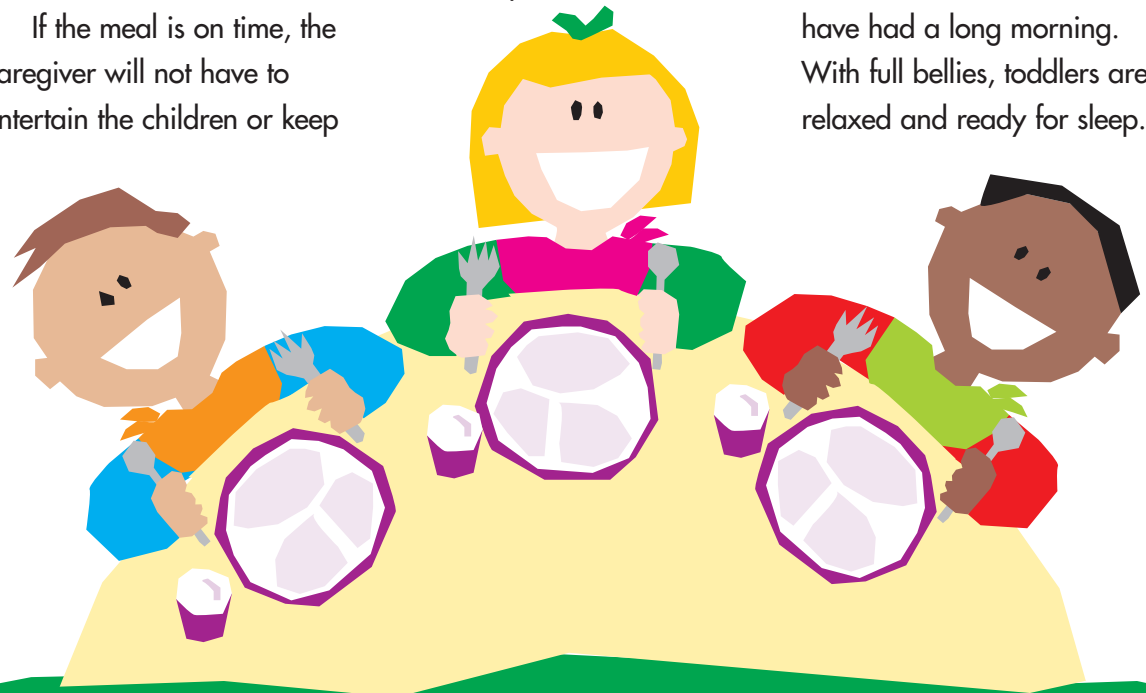
After handwashing, the children are to be taken directly to the table. At this time, their sleeves can be pushed up, and they can be appropriately protected from spills with a bib or a smock.

If the meal is on time, the caregiver will not have to entertain the children or keep

them waiting for more than five minutes. It is strongly recommended that the food (which is on divided plates) be properly cut up and prepared for tiny mouths in the kitchen. The precut food may be plated in the kitchen or precut and put in serving bowls for teachers to plate. If this is done, the teachers can serve the children immediately. No waiting, no crying, no discomfort, and no nodding off to sleep.

Remember, if you use wash cloths for wiping mouths and hands after lunch, a separate cloth must be used for each child. Taking the toddlers to the sink for handwashing is preferred. Running water makes the cleanest hands.

It should be the practice of the center to feed the toddlers first if possible. The goal is to have happy contented children, as well as staff. The toddlers and staff have had a long morning. With full bellies, toddlers are relaxed and ready for sleep.





## A COOK'S DELIGHT! "PUTTING PIZZAZZ IN YOUR MEALS"

The Child Care Health Section and the Child and Adult Care Food Program have teamed up to present an exciting seminar for licensed child care centers and registered ministries this fall.

This one-day seminar will be held September 21, 1999 at the Ritz Charles, Carmel, IN. It will include morsels for everybody: an expert on Child Nutrition, a motivational speaker, and an afternoon program with a children's chef demonstrating his ideas and cooking talents for us!

You will not want to miss this day full of new ideas, up to the minute information and all that pizzazz! Stay tuned for more details as they become available.

## "FEEDING YOUNG CHILDREN SEMINAR" ON THE ROAD

Due to popular demand, this seminar will be presented in Evansville on September 8, 1999. See enclosed registration form. (For licensed centers, registered ministries, licensed group homes and institutions.)



## RECIPE CORNER

Dish: **"FRIED" RICE** Serves: 100  
From the kitchen of: United Day Care Center, Muncie IN

**Ingredients:**

- 7 cups enriched, converted rice
- 3 tbsp. onion powder
- 3 tbsp. garlic powder
- 2 cups soy sauce
- 4 cups frozen green peas, thawed
- 4 cups fresh carrots, finely diced
- 1 large fresh onion, finely diced
- 12 fresh eggs, scrambled and well broken up

**Directions:**  
Prepare rice following package directions. Stir in onion powder, garlic powder, soy sauce, green peas, carrots, onion and eggs. Heat through and serve. (Chicken nuggets with sweet and sour sauce and mandarin oranges are perfect with this dish.)

Adapted from "The (No Leftovers) Child Care cookbook" by Joe Lynn Dunkle and Martha Shore Edwards

Dish: **TACO PIE** Serves: 48 - 1 oz. serv. (1/12 pie)  
From the kitchen of: Cuddles & Hugs Day Care

**Ingredients:**

- 6 lbs. Ground Beef or Ground Chuck
- 1-16oz. can Tomato Sauce
- 5 pks. Taco Seasoning
- 4 - 8 oz. cans Crescent rolls
- 4 cups Shredded Sharp Cheese

**Menu suggestions:** Chopped tomatoes, chopped lettuce.

**For Toddlers/Two's:** Green beans.

**Directions:**  
Brown and drain ground beef or ground chuck. Add tomato sauce and taco seasoning (follow the directions on pks. for seasoning). Cook for 5 minutes on low. Unroll dough and press to sides and bottom of four 12" pizza pans. Prick the bottom of the dough and bake at 375° for 10-12 minutes until golden brown. Spread meat mixture evenly over crust. Sprinkle cheese on top and bake until melted.

## **Q & As** **FROM THE** **REFEREE**

**Q:** *If a child is 2 years  
and in "pull-ups", can  
he/she be mixed with  
3-year-olds at a ratio  
of 7:1?*

**A:** No. Pull-ups are  
considered a form of  
diapers. The ratio for a  
group that includes a  
2-year-old child in  
pull-ups must be **5:1**.

## **UPCOMING DATES**

### **"FEEDING YOUNG CHILDREN" SEMINAR:**

*(for child care centers, ministries and institutions/group homes)*

**July 14, October 13, 1999**

Indiana Government Center South - Training Center, Rm. W141

**September 8, 1999**

10800 Lincoln Avenue, Newburgh, IN (Warrick County)

### **NEW APPLICANT TRAINING:**

*(for proposed child care centers, registered ministries, group homes and child caring institutions)*

**July 7, August 4, September 1, October 6, November 3, December 1, 1999**

Indiana Government Center South - Training Center, Rm. W141

### **CHILD CARE HEALTH SECTION AND ADULT FOOD PROGRAM SEMINAR:**

*(for licensed child care centers and registered ministries)*

**September 21, 1999**

Ritz Charles, Carmel, IN

### **THE NATIONAL ASSOCIATION FOR REGULATORY ADMINISTRATION (NARA) - THE LICENSING SEMINAR:**

**October 10-13, 1999**

Hyatt Regency, Indianapolis, IN

### **FOR FIRST AID, CPR AND UNIVERSAL PRECAUTIONS TRAINING:**

Contact your local American Red Cross chapter or Emily Booth, Indianapolis American Red Cross,  
317-684-4340.